AL.3.1985-96
#1

N.L.C. - B.N.C.
3 3286 05966855 4

Alberta

MEASLES (RED)

CANADIANA
C2
MAR 15 1979

SOCIAL SERVICES
AND COMMUNITY HEALTH

SYMPTOMS

This is an acute infectious disease which usually begins with chills, headaches, sensitivity to light, a fever rising to 103 - 104, cough and frequently bronchitis. At first the eyes become watery followed in a day or two by signs of a developing cold and a tight hacking cough. About the fourth day a rash appears consisting of dusky red spots which come out first behind the ears, on the forehead or on the cheeks and then gradually spread down the body. The spots gather in blotches and may itch. Once the rash is full blown the fever falls rapidly and the patient begins to feel better. The rash lasts for about five days and then gradually fades away. The skin of the face and body may peel in fine branlike flakes. The cough may persist for some time.

TRANSMISSION

Measles can be spread from person to person in three ways:

1. By direct contact with an infected person (e.g. kissing).
2. By coming in direct contact with the droplets sprayed out by the infected person in sneezing or coughing.
3. By handling articles freshly soiled with the nose and throat secretions of an infected person (e.g. handkerchief).

INCUBATION PERIOD

Usually ten days from the date of exposure to the onset of fever, or fourteen days until the appearance of the rash.

NOTIFICATION

The local city health department or health unit should be notified as soon as a diagnosis of measles is confirmed.

ISOLATION PROCEDURES

None.

QUARANTINE

None.

DOW
5966837

SPECIAL MEASURES

The patient should be kept in a room by himself for seven days from the beginning of his symptoms or four days from the appearance of the rash. Family contacts who have neither had measles nor been immunized against it should avoid associating with others in the community for the incubation period of the disease.

In general however isolation is difficult in the community at large. It is better to immunize siblings.

Those caring for the patient should wash their hands thoroughly after touching the patient or articles he has handled. These articles should be cleaned thoroughly.

CARE

Protect the child from exposure to colds, sore throats and the germs of other communicable diseases. Measles can be a serious disease for the very young or delicate children. In general, with bed rest and care under the supervision of a physician, complications can be avoided. The patient's eyes are usually more sensitive to light than usual. Consequently he should not face a direct light; colored glasses may be helpful.

IMMUNIZATION

Measles vaccine is available for all children over the age of one year. This immunization can be done at regular clinics operated by the city health departments or health units.

Older children whose health would be endangered by an attack of measles may be given temporary immunity by a dose of immune serum globulin provided it is given within the first three days of exposure.